



### **Milpitas Tidal Waves (MTW) Mission Statement**

*We are committed to excellence by helping our athletes grow in character, build good sportsmanship, and reach their athletic potential.*

## Milpitas Tidal Waves (MTW)

Our swimmers train 11 months out of the year, taking the month of August off. Practices are offered four (4) days a week, Monday through Thursday, lasting from one (1) to two (2) hours a day depending on the swimming level of the athlete during the Fall, Winter, and Spring. Practices may be up to half an hour (1/2) longer Monday through Thursday during the Summer season. Please remember that your swimmer's level of improvement is directly proportional to how consistently they come to practice.

Our well-trained and qualified coaching staff is here to improve your child's ability in swimming, focusing mainly on stroke mechanics and efficiency. We believe that excellent swimmers start by learning how to perform excellent swimming strokes.

## Practice

Practices are held Monday-Thursday and are important to help swimmers gain strength, endurance, and speed to compete. Practices will include water and dry land workouts to ensure all swimmers build strength for competition.

### Sample Practice Schedule - Developmental Group

Warm up

- 200M (8laps) Freestyle swim

*Focusing on freestyle shoulder rotation and stroke lengthening*

- 200M (8 laps) Choice stroke swim

Kick Set:

- 6 x50's (6 sets of two laps) Streamline kicking

Drill Set:

- 4x50's (4 sets of two laps) six kick switch drill
- 4x50's (4 sets of two laps) one armed free style with pull buoy

Main set:

- 5x100's (5 sets of four laps): Distance per stroke applying concepts from previous drills

Cool Down:

- 100 (4 laps) easy pace freestyle

We ask that parents ask questions after the practice to ensure all swimmers are getting the necessary attention from the coaching staff. Thank you in advance for your assistance in this matter. The MTW Coach staff will inform you of your appropriate group and practice time.

### **Year Round Practice Times (September - July):**

Developmental	3:30-4:30pm
Junior	4:30-6:00pm

### **Summer Practice Times (mid-June - July):**

Developmental	9:30am-11am
Developmental	3:30-4:30pm
Junior	4:30-6:00pm

## **Group Descriptions & Requirements**

There are 2 groups that comprise the Milpitas Tidal Waves. Depending on your child's ability and age, he or she will be placed in one of the following groups: Developmental or Junior. Group Advancement is at the discretion of the Coaches. Opportunity to advance into the next group will occur four times per season (every three months).

### **Developmental Group Description**

Swimmers will work on USA legal stroke technique, endurance and light interval work. Monthly swim meets are based on the Coach's recommendation and a minimum of 65% of practices per month are required for this team.

### **Developmental Group Requirements**

#### Swim Meet Attendance:

- All home swim meets
- Developmental: USA Sanctioned swim meets recommended by their coach (4 minimum meets)

#### Practice Attendance:

- Minimum of 3 practices per week

#### Minimum group requirements:

- Strokes must be USA Regulated (legal)
- 4 laps of Freestyle
- 2 laps of Backstroke
- 2 laps of Breaststroke

#### Equipment\*

- Fins (long rubber floating swim fins)
- Goggles
- Practice Suit
- Team Cap
- Paddles
- Athletic Shoes (for dryland practice)
- Competition Suit
- Mesh Swim Bag

*\*Visit [Swimoutlet.com/MTW](http://Swimoutlet.com/MTW) for equipment recommendations*

## Junior Group Description

Swimmers will work on perfecting their stroke technique and incorporating more strategies towards swim meet events. Teamwork and a positive attitude for success are necessary to excel in this group. Junior members are required to attend at least 6 swim meets during the season and 80% of practices per month.

## Junior Group Requirements

### Swim Meet Attendance:

- All home swim meets
- A minimum of 6 USA Sanctioned swim meets per season

### Practice Attendance:

- 80% (~12/16) practices per month

### Swim Meet Times

- Ages 10 & Under: Must have all B times and 2 A times (*based on the 9-10 Pacific Standards*)
- Ages 11-12: Must have one or more B times and at least 1 A time
- Ages 13-14: Must have at least two or more B times
- Ages 15 and Up: Must have two or more B times

<http://www.pacswim.org/userfiles/cms/documents/263/timestandardscba.pdf>

### Equipment\*

- Fins (long rubber floating swim fins)
- Goggles
- Practice Suit
- Competition Suit
- Paddles
- Team Cap
- Athletic Shoes (dry land practice)
- Mesh Swim Bag

*\*Visit [Swimoutlet.com/MTW](http://Swimoutlet.com/MTW) for equipment recommendations*

## ***Swimmer Expectations***

1. *Come to practice everyday and on time!*

Coming to practice everyday will give you the opportunity to work on your stroke technique and endurance. The more consistent you are, the more you will improve. Arriving late for swim practice may mean missing an important set or lesson for that day. Consequences for showing up to a practice late will be at the discretion of the coaches.

2. *Bring all of your swimming equipment.*

Pack your swim bag the night before practice and always make sure you have your swimsuit, cap, goggles, and bottled water. All swimmers need to bring a pair of appropriate fins which should be 100% rubber and have a closed heel. Each swimmer must have a competition suit and MTW swim cap for swim meets. A MTW swim cap can be purchased from the coaches. Failure to bring a swimsuit to practice will result in being sent home that day from practice. Lockers are available but you are responsible for locking the locker (lock is NOT provided by MTW or the Milpitas Sports Center-bring your own). Please ask the coaches for an equipment order form if you are missing anything from this list.

3. *Wear appropriate swim & dry land attire.*

You must wear a skin tight swimsuit that is in good condition. Boys are required to wear briefs or jammer style suits, not shorts or trunks. Girls are to wear a racing suit with a swim cap for long hair. No rash guards or body suits are allowed since it limits range of motion and can hinder proper technique. Your suit should be an appropriate size. If you are unsure of what size to get, ask the coaching staff for guidance. Please do not wear your competition suit during practice. On dry land days, everyone must bring comfortable clothes and a pair of workout shoes.

4. *Be prepared to work hard each day.*

It is important that you give 100% effort to all drills and workouts that the coaches direct. Swimming is a sport that requires motivation and hard work to be successful. Also, don't forget why you love this sport in the first place!

5. *Be courteous to your teammates & coaches.*

Rude and irresponsible behavior will not be tolerated. Ever! By being rude, you are taking away valuable lesson time by disrupting practice. At the discretion of the coach, unacceptable behavior will result in disciplinary actions. Please see the Code of Conduct & Discipline Policy (included in the packet).

6. *Obey the rules on the pool deck & of the Sports Center.*

By not obeying the rules that have been put in place for your safety, you could cause an accident to occur which may cause you or someone else to get hurt. Failure to follow the pool rules will result in disciplinary action including, but not limited to removal from the program.

7. *Attend Swim Meets.*

As a competitive member of the Milpitas Tidal Waves, you are required to attend monthly swim meets over the course of the season (see group summaries). The Zone 1 Championship meet in January is the only mandatory swim meet for this team. Other swim meets include home meets and invitationals. Please see your coach for more information on how to sign up!

## Parent Expectations

### 1. *Attend parent meetings.*

Periodically throughout the season, parents and coaches will get together to discuss issues and events that affect the team. Attending the meetings will help you stay informed of current events involving the team such as a change in policy or swim meet information.

### 2. *Talk to your coach.*

Visiting your swimmer's practice once a week to find out how well he or she is doing in practice is a great way to support your swimmer. There may be issues going on at school, home or practice that could be affecting your child in some way, so make sure to stay informed. Additionally, if your child needs to leave swim practice early, the coach must receive written or verbal permission from you for him or her to do so. We will not permit your child to leave early without your written permission.

### 3. *Drop off your child on time.*

Because we have a limited amount of time in the pool, we cannot stay after practice to help out individuals who arrive late. The coaching staff prepares workouts to improve your child's swimming ability. When your child misses these workouts, they may be missing an important part of their training. It is a good idea to drop off your swimmer 15 minutes before practice begins. Special arrangements can be made with the coaching staff if you have a problem dropping them off on time, but please discuss this with your child's coach.

### 4. *Pick up your child on time.*

For the safety of the swimmers parents must pick their child up immediately after the program. Swimmers are given a 15 minute dry off or changing time directly following practice. Swimmers that are not picked up after program hours will be charged a late fee (see Late Fee Policy). This means if practice ends at 4:30pm, the swimmers get 15 minutes to change and the parents are required to pick them up no later than 4:45pm. If the swimmer is not picked up by 4:46pm the Late Fee is in effect.

### 5. *Attend swim meets.*

Although they are the most time consuming of all the activities, swim meets are also the best way of supporting your child. Swim meets are a test, and your child wants to perform well not only for himself or herself, but for you too. At meets they can show you what they have learned and how they have improved. **While most swim meets are optional, there is 1 mandatory swim meet per season: the Zone 1 South Championship meet in Santa Clara on Martin Luther King Jr. Day weekend.** If you would like to plan ahead, please see a coach for a copy of our swim meet schedule.

### 6. *Volunteer.*

Parent Volunteers are crucial for swim meets. The most needed positions are timers. Usually, timer positions are split into one or two hour shifts. Parent volunteers are also needed to help set up the swimmer area for the meets (tent, chairs and snacks). This allows the coaching staff to be more focused on the swimmers and preparing them for the meet and their events. **Each family is required to volunteer 2 hours per month at a minimum.**

## Swim Meets

Swim meets help swimmers to understand the importance of practices and prepare them for swim competition.

The MTW Coaches will select 1 swim meet a month for the swimmer's to compete. These swim meets are held at various locations in our zone (Zone 1 South). Eligibility of swimmer's are identified for each meet by their previous swim meet times. The MTW Coaches will make sure to inform you of the appropriate swim meet. Swim meets are held on a monthly basis by various organizations. Swimmers looking to compete must sign up for the meet through the USA Swimming/Pacific Swimming website. There are fees associated for the swim meets (fees typically range from \$12-\$20).

## Surviving your first Swim Meet

A swim meet can be very intimidating if you aren't sure what a swim meet really involves. We have created a checklist with a brief summary of how to sign up and what to expect at a swim meet.

### SIGNING UP

How to register for a swim meet using OME (Online Meet Registration)

<https://sites.google.com/site/omehelp/how-to-for-parents-and-swimmers/how-to-enter-a-meet-parents-and-swimmers>

### CHECK LIST

- ☐ USA swimming registration card
- ☐ Racing suit, cap and goggles
- ☐ Multiple towels
- ☐ Chairs/umbrellas/tents
- ☐ Warm clothing (i.e. jackets, parkas, and ESPECIALLY SHOES!)
- ☐ Healthy food such as fruit, power bars, sandwiches, vegetables and water

### ARRIVING

Please be at the swim meet **ON TIME** to ensure that you are not scratched or eliminated from any events.

1. Most meets start at 9:00am, coaches will assign swimmers, upon arrival, a warm up time BETWEEN 7:15-8:00.
2. Note the warm up time is NOT flexible, if you arrive after 8:30 am, you will be scratched or eliminated from your first event.
3. The first thing you should do is check-in, circle all your event numbers and write them on your hand.
4. After this, go find the coaches and the rest of the team.

### WARM-UP RULES

1. Your coach will inform you of which lane to get into, be sure you are with the rest of your teammates.
2. When entering the pool use a "three point entry method" or "slide in" method. This means no diving or jumping into the pool.
3. Designated dive lane and push pace lane are labeled with signs. They are used under a coach's supervision only. DO NOT swim in these lanes without a coach.
4. Coaches will tell you when it is time to practice race dives. DO NOT SWIM BACK in the same lane you dove into.
5. Remember to always CONTINUOUSLY circle swim.

6. After warm-up, please make an effort to stay warm and sit under the team tent.

### HEAT & LANE ASSIGNMENTS

1. Most swim meets have eight lanes of competition. There are almost always more than eight swimmers per event so the event is divided into heats.
  - **HEAT:** group of swimmers you will be swimming with. The first heats are usually the slower swimmers; the later heats are faster swimmers.
2. Look for your name on a wall or billboard. The heat is always the **FIRST** number and lane will always be the **SECOND** number.
3. Check in with your coaches as soon as you know your heat and lane for your race plan.
4. If you do not tell your coach your heat and lane he/she will not know where you are racing, and will miss your race.

### RACING STARTS

1. Be behind your assigned lane at least five minutes before your race.
2. Cap and goggles are a requirement for racing.
3. Make sure your suit is tied and strings are tucked in.
4. Keep in mind what stroke you are swimming and race execution.

### RACING WHISTLE BLASTS

1. **SHORT** whistle blasts will be blown right after the race before yours finishes
2. The **SHORT** whistle blasts indicate you to step behind your block. For backstroke it means to get into the water
3. The **LONG** whistle blasts indicates you should now step up onto the block
4. You will shortly hear "Take your mark". Once you have taken your mark you **CANNOT** move.
5. On the beep, you then can start your race.

### POST RACE

1. Check back in with your coach for constructive feedback on your race.
2. Keep warm and ready for your next race.
3. Warm down.



## Program Registration & Fees

All Milpitas Tidal Waves (MTW) swimmers must pay a monthly participation fee, which is due by the first day of each month. However, MTW does have a limit to how many swimmers it can accommodate, and this capacity may be reached well before the first of the month. To ensure that our Milpitas Residents receive first priority for registration, they will be allowed to register 15 days before the first of the month. Please complete the Milpitas Recreation Services Registration Form and submit with payment to be enrolled.

***\*Please Note:*** *Your child will not be permitted to swim until fees for the month have been paid. Program fees must be paid before the service is provided.*

### Monthly Fees

Developmental Group      \$118 / \$78 for residents

Junior Group                \$128 / \$88 for residents

***\*Please Note:*** *Non-Resident fees are an additional \$40 in addition to the monthly program fee.*

### Sibling Discount

There is a sibling discounts for children of the same family (\$10 off 2<sup>nd</sup> child and \$20 off 3<sup>rd</sup> or more children). This discount applies only to brother and sister relationships and not cousins of the same family.

There is a program available for low-income families called the Recreation Assistance Program (R.A.P.), which can provide up to \$500 per year in assistance. For more information on this program, please call (408) 586-3228.

## USA Swimming/Pacific Swimming registration

In addition to the fees collected by the City of Milpitas, **an annual \$73 USA membership fee is required for all members.** This fee registers each swimmer with U.S.A. Swimming and Pacific Swimming, which allows swimmers to compete in sanctioned U.S.A swim meets and provides medical insurance for the child in case of injury during practice or a meet. This fee, along with a completed U.S.A. Swimming application (included in this packet) can be paid directly to the coaching staff.

Complete all the information on the form, sign it, write a check (made payable to: *Pacific Swimming*), and return the form with payment to the coaching staff who will forward it to Pacific Swimming/USA Swimming. You will receive a card in the mail confirming that you have been registered with U.S.A. Swimming.

Swimmers may transfer club affiliation by completing a transfer form or by providing the Registration Chairman with the swimmer's name, address, birth date, the name of the club from which the swimmer is transferring, and the date of last competition with that club. All transfer forms should be sent to Laurie Benton at 1374 Lupine Court, Concord, CA 94521.

If you transfer clubs and wish to enter a meet, and if you have represented a previous club in competition within 120 days of the meet, you must enter your affiliation as "unattached" for that meet. Once the 120 day unattached period is complete, you may now enter meets attached to your new club. <http://www.pacswim.org/userfiles/cms/documents/58/transfer.pdf>

## City of Milpitas Code of Conduct Policy

All individuals are expected to abide by the 5 “C’s” of the Code of Conduct; creating a fair, secure and friendly place to learn and play.

1. **CARE** – Caring for self, others and the environment.
2. **COURTESY** – Speaking and behaving politely and kindly towards others; showing excellence in manners.
3. **CONSIDERATION** – Showing respect for self and others; tolerating others; thinking of the feelings/circumstances of others.
4. **COOPERATION** – Contributing to a positive tone/image; accepting consequences when rules are broken; working, studying and playing cooperatively with others.
5. **COMMON SENSE** – Use common sense by stopping and thinking carefully before doing anything!

Violation of the Code of Conduct outlined above may result in disciplinary action, up to and including expulsion from Milpitas Recreation Services programs and facilities, forfeiture of fees, and financial restitution for any damage. In the case of a minor, parental responsibility will apply to all of the above actions.

## City of Milpitas Discipline Plan

Behavior Incident:

1. Intervention – Private, verbal warning (without emotion).

Recurrence/Second Incident

2. Intervention – “Cool Off” Time/Removal from the group. Discussion of the incident with staff: when the participant deems himself/herself ready to follow the rules, he/she may re-join the group.

Recurrence/Third Incident

3. Parent phone contact by participant in the staff’s/instructor’s presence, indicating that the next incident will result in removal or suspension from the program. An Incident Report is completed by staff, documenting incident(s) and measures taken.

Recurrence/Fourth Incident

4. Coordinator/instructor will contact the parent to remove the participant from the program. The child will be eligible to return to the program once the parent(s) have attended a conference with the Coordinator/instructor.

The following behaviors will result in **IMMEDIATE REMOVAL** of the participant:

1. Fighting (hitting, punching, kicking) another participant, regardless of reason, or who hit first.
2. Physical abuse of a staff member.
3. Direct abusive/obscene/profane language/gesture to staff or participant.

## Non-Program Days

The Milpitas Tidal Waves operates on the City of Milpitas holiday calendar. Below is a list of non-program days for the 2016/2017 swim season:

September 5: Labor Day  
November 11: Veterans Day  
November 21-25: Thanksgiving  
December 19-January 2: Winter Break  
January 16: Martin Luther King Jr.'s Birthday  
February 13: Lincoln's Birthday  
February 20-24: February Break  
April 10-14: Spring Break  
May 29: Memorial Day  
July 4: Independence Day

**Please Note:** Additional dates may be included due to pool repairs, inclement weather, etc. The MTW Coaching staff will make sure to communicate the changes as soon as possible.

## Mandated Reporters

According to California State Penal Code 11166, mandated reporters include, but are not limited to: healthcare professionals, teachers and school administrators, fire fighters and public safety officers, day care workers, recreational camp leaders and animal control officers. Mandated reporters must report known or suspected child abuse to the appropriate authorities immediately by phone and follow-up with a written report to the same agency within thirty-six hours. Penalties for not reporting include a fine of up to \$1,000 and up to six months in county jail, as well as potential civil damages. All MTW Coaching staff are mandated reporters and must report any time they suspect child abuse.

## Sign-in/out Procedure & Authorized Pick Up

We require all parents to sign in and out their swimmer daily. This is to track our swimmers attendance and for the safety of our swimmers.

To ensure the safety of our participants, those listed on the Emergency Form are the only ones allowed to pick up students from the program. We will not release swimmers to anyone unless listed on the form. Please inform those listed on the form that they will need to present their photo ID when picking up students. Please contact the MTW Coaching staff if you need to update or add someone to the Emergency & Authorize Pick Up Form. If you would like to authorize your swimmer to sign themselves out of the program, you will need to submit a permission note to the MTW Coaching staff.

## Late Pick Up Policy

For the safety of our students, it is required that they are picked up on time at the end of each day. Should a student be picked up late, a \$10 late fee starting one minute after the end of the program will be charged, with an additional \$10 for every 10 minutes thereafter. Fees are charged per child and not per family. Should the participant not be picked up within a half hour (30 minutes) of program dismissal, the Milpitas Police Department will be contacted.

All late fees must be paid within three (3) business days of receiving the late fee notice from the MTW Coaching staff. Failure to make payment may result in the removal of your child from the program. Payments can be made at the Milpitas Community Center (457 E. Calaveras Blvd) or the Milpitas Sports Center (1325. E. Calaveras Blvd).

This means if practice ends at 4:30pm, the swimmers get 15 minutes to change and the parents are required to pick them up no later than 4:45pm. If the swimmer is not picked up by 4:46pm the Late Fee is in effect.

## **Glossary**

### Age Group

Division of swimmers according to age. The National Age Group divisions are: 10 & under, 11-12, 13-14, 15-16, 17-18. Some LSC's have divided the swimmers into more convenient divisions specific to their situations: 8 & under, 13 & Over, 15 & Over, Junior, Senior.

### Blocks

The starting platforms located behind each lane. Some pools have blocks at the deeper end of the pool and some pools have blocks at both ends. Blocks have a variety of designs and can be permanent or removable.

### Check-In

The procedure required before a swimmer swims an event in a deck-seeded meet. Sometimes referred to as positive check in, the swimmer must mark their name on a list posted by the meet host.

### Competition/Race Suit

A suit only worn at swim meets. Boys: Speedo or Jammer Cut true to waist size. Girls: 1 piece race suit, shoulder straps should not stretch past ears.

### Course

Designated distance (length of pool) for swimming competition. Long Course = 50 meters; Short Course = 25 yards or 25 meters.

### Deck

The area around the swimming pool reserved for swimmers, officials, and coaches. No one but an authorized USA Swimming member may be on the deck during a swim competition.

### Deck Entries

Accepting entries into swimming events on the first day or later part of the day of a meet.

### Deck Seeding

Swimmers report to a bullpen or staging area and receive their lane and heat assignments for the events.

### Distance

How far a swimmer swims. Distances for short course are: 25 yards (1 length), 50 yards (2 lengths), 100 yards (4 lengths), 200 yards (8 lengths), 400 yards (16 lengths), 500 yards (20 lengths), 1000 yards (40 lengths), and 1650 yards (66 lengths). Distances for long course are: 50 meters (1 length), 100 meters (2 lengths), 200 meters (4 lengths), 400 meters (8 lengths), 800 meters (16 lengths), and 1500 meters (30 lengths).

### Disqualification

Also called a "DQ." When a swimmer's performance does not count because of a rule(s) infraction. This means that for an event in which the swimmer is disqualified, the swimmer is not eligible for an award for the event, the swimmer cannot score points for the event and the swimmer's new time did not count. A disqualification is shown by an official raising one arm with open hand above their head and the swimmer or coach will receive a disqualification (yellow) slip.

### Entry

An Individual, Relay team, or Club roster's event list into a swim competition.

### Entry Chairperson

The host club's designated person who is responsible for receiving, and making sure the entries have met the deadline, or returning the entries if the meet is full. This person usually will find discrepancies in the meet entries and notify the entering club to correct any errors.

### Entry Fees

The amount per event a swimmer or relay is charged. This varies depending on the LSC and type of meet.

### Entry Limit

Each meet will usually have a limit of total swimmers they can accept, or a time limit they cannot exceed. Once an entry limit has been reached, a meet will be closed and all other entries returned.

### Event

A race or stroke over a given distance.

### False Start

When a swimmer moves or leaves the starting block before the buzzer. One false start will disqualify a swimmer or a relay team, although the starter or referee may disallow the false start due to unusual circumstances.

### Heats

A division of an event when there are too many swimmers to compete at the same time. The results of the event are then compiled by combining all heats of the event.

### Lane

The specific area in which a swimmer is assigned to swim. Ex: Lane 1 or Lane 2. Pools with starting blocks at only one end, the lanes are usually numbered from Right (lane 1) to Left (Lane 6).

### Lap Counter

The large numbered cards (or the person turning the cards) used during the freestyle events 500 yards or longer. Counting is done from the end opposite the starting end. The numbers on the cards are "odd numbers" only with the final lap being designated by a bright orange or red card.

### Long Course

A 50 meter pool.

### LSC

Local Swim Committee. The local level administrative division of USA Swimming with supervisory responsibilities within certain geographic boundaries designated by USA Swimming. Our LSC is Pacific Swimming, designated by the abbreviation PC.

### Marshall

The adult(s) (official) who control the crowd and swimmer flow at a swim meet.

### Meet Director

The official in charge of the administration of the meet. The person directing the "dry side" of the meet.

### No Show

When a swimmer fails to be behind his/her block at the start of the heat. This may result in a swimmer being scratched from his/her next event.

### Officials

The certified, adult volunteers, who operate the many facets of a swim competition.

Online meet registration: <http://www.Ome.swimconnection.com>

Site for online meet registration.

### Pacswim.org

Pacific zone website for meet schedules, time standards, and USA swimming documents

### Practice Suit

A suit to be worn to all practices. Suits must be skin tight, should be in polyester, nylon, or lycra material. Rash guards that cover the shoulders and limit mobility are not allowed in practice.

### Referee

The head official at a swim meet in charge of all of the "Wet Side" administration and decisions.

### Registered

Enrolled and paid as a member of USA swimming and the LSC.

### Relays

Swimming events in which 4 swimmers participate as a relay team where each swimmer swims an equal distance of the race. There are two types of relays. 1.) Medley relay - One swimmer swims Backstroke, one swimmer swims Breaststroke, one swimmer swims Butterfly, one swimmer swims Freestyle, in that order. Medley relays are conducted over 200 yd/mtr and 400 yd/mtr distances. 2.) Freestyle relay - Each swimmer swims freestyle. Free relays are conducted over 200 yd/mtr, 400 yd/mtr, and 800 yd/mtr distances. Occasionally, there may be 100 yd/mtr relays for 8 & under events.

### Scratch

To withdraw from an event after having declared an intention to participate. Some meets have scratch deadlines and specific scratch rules and if not followed, a swimmer can be disqualified from remaining events.

### Seeding

Deck Seeding - swimmers are called to report to the Clerk of the Course. After scratches are determined, the event is seeded. Pre Seeding - swimmers are arranged in heats according to submitted times, usually a day prior to the meet.

### Session

Portion of meet distinctly separated from other portions by locale, time, type of competition, or age group. If the meet is separated by locale, the sessions may be referred to as venues.

### Short Course

A 25 yard or 25 meter pool.

### Split

A portion of an event, shorter than the total distance that is timed. Ex: A swimmer's first 50 meters time is taken as the swimmer swims the 100 meter race. It is common to take multiple splits for the longer distances.

### Start

The beginning of a race. The dive used to begin a race.

### Starter

The official in charge of signaling the beginning of a race and ensuring that all swimmers have a fair takeoff.

### Stroke Judge

The official positioned at the side of the pool, walking the length of the course as the swimmers race. If the Stroke Judge sees something illegal, they report to the referee and the swimmer may be disqualified.

### Submitted Time

Times used to enter swimmers in meets. These times must have been achieved by the swimmer at previous meets. If a swimmer has never swum the event, and the meet allows it, the swimmer may enter "NT" (no time) as the submitted time.

### Team Store: <http://www.Swimoutlet.com/mtw>

The website for our team store with equipment recommendations and online ordering.

### Time Standard

A time set by a meet or LSC or USA Swimming (etc) that a swimmer must achieve for qualification or recognition.

### Timer

The volunteers sitting behind the starting blocks/finish end of the pool who are responsible for getting watch times on events and activating the backup buttons for the timing system.

### Touch Pad

The removable plate (on the end of the pool) that is connected to an automatic timing system. A swimmer must properly touch the touch pad to register an official time in a race.

### Unattached

An athlete member who competes, but does not represent a club or team (Abbr. UN).

### USA Swimming Number

A 14-digit number assigned to a swimmer after they have filled out the proper forms and paid their annual dues to USA Swimming. This number is used to identify the swimmer. The number consists of the participant's birthday (MMDDYY), the first three letters of his/her first name, his/her middle initial, and the first four letters of his/her last name. Ex: The swimmer's name is John Quincy Smith and was born on July 4, 1996. His number would be 070496JOHQSMIT.

### Usaswimming.org

National online resource for swimmers and parents containing information about the sport.



## **Milpitas Tidal Waves Member Agreement**

I, the undersigned, acknowledge that I/my child(ren) have read and understood all materials contained in the Milpitas Tidal Waves Swimmer Packet. I understand and accept all policies that are outlined in the packet. I recognize that swimmers are expected to attend at least three practices a week. I understand that there is a minimum number of swim meets (4 meets for Developmental Group and 6 meets for Junior Group). I also acknowledge that there is a mandatory swim meet during the course of the season—the Zone 1 South Championship. I also understand that I am responsible for volunteering a minimum of 2 hours per month for my family at swim meets. **Should I be absolutely unable to volunteer as a timer, I will be required to donate \$10/hour for every hour not volunteered to the Milpitas Tidal Waves in lieu of the volunteered time.**

I further acknowledge that my child(ren) will be picked up from the Sports Center no later than 15 minutes after he/she/they are dismissed from practice. **If they are not picked up by that time, I understand that I will be charged a late fee as outlined in the Late Pick Up Policy.** Should I be more than 30 minutes late, I am aware that the Milpitas Police Department will be notified and my child(ren) will be escorted to the Police Station and I will be required to pick them up there. If this continues to be an issue, I understand that this may jeopardize my child(ren) from participating on the swim team.

Signature of Parent  
or Legal Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

Name of Parent or Legal Guardian: \_\_\_\_\_

Signature of Parent  
or Legal Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

Name of Parent or Legal Guardian: \_\_\_\_\_

Name of Children:

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